

1 CHEST PRESS



Muscles affected: A, L, W

2 SINGLE ARM LAT PULL-DOWN



Muscles affected: L, O, R

3 CHEST FLY



Muscles affected: A, L

4 BENT LATERAL RAISE



Muscles affected: P, Q, S

5 LATERAL RAISE



Muscles affected: O, Q, P

6 SINGLE ARM PREACHER CURL



Muscles affected: C, E

7 TRICEPS KICKBACK



Muscles affected: M

8 UPRIGHT ROW



Muscles affected: C, E, L, Q, P, S

9 STANDING ROW



Muscles affected: C, E, Q, P, S, T

10 BICEPS CURL



Muscles affected: C, E

11 SINGLE ARM TRICEP PUSH-DOWN



Muscles affected: M

12 STANDING CURL



Muscles affected: C, E

13 TRICEPS PUSH-DOWN



Muscles affected: E, M

14 STIFF ARM PULL-DOWN



Muscles affected: E, P, S, S

15 LAT PULL-DOWN



Muscles affected: C, E, P, S

16 BENT ROW



Muscles affected: C, O, P, S

17 CALF RAISE



Muscles affected: K, N

18 BICEPS-TRICEPS COMBO



Muscles affected: C, E

19 HIP FLEXION



Muscles affected: P, L, V

20 LEG EXTENSION



Muscles affected: M

21 LEG CURL



Muscles affected: V, W

22 ABDUCTION-ADDUCTION



Muscles affected: G, Q, V, W

23 HEEL KICK



Muscles affected: K, L, V, W

24 SHOULDER RAISE



Muscles affected: L

25 PREACHER CURL



Muscles affected: C, E

26 ABDOMINAL CRUNCH



Muscles affected: M

27 OBLIQUE CRUNCH



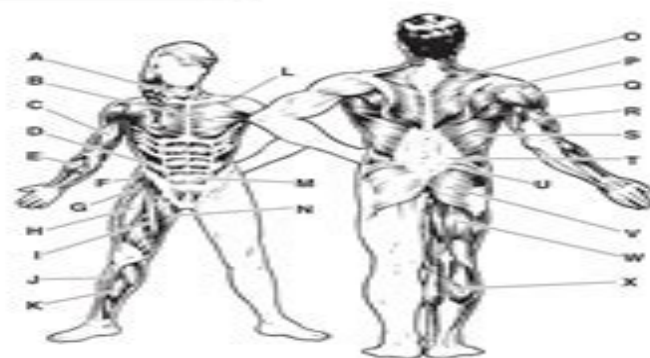
Muscles affected: C, M

28 SHOULDER SHRUG



Muscles affected: Q, P

MUSCLE CHART



WARNING: Read the exercise information and safety instructions in the user's manual before exercising.

The exercises shown can be performed with WEIDER® weight systems. However, only they can be used to perform all exercises with total safety. The best results, however, come from the proper physiological approach, the correct starting and ending positions for each exercise.

AVISO: Lea la información de advertencia y de seguridad en el manual del usuario antes de hacer ejercicios.

Los ejercicios que se muestran se pueden desarrollar con el sistema de pesas WEIDER®. Sin embargo, sólo se pueden con este sistema desarrollar todos los ejercicios con la máxima seguridad. Los mejores resultados se consiguen con el enfoque fisiológico correcto y la posición de partida y de llegada final para cada ejercicio.

WARNING: Bitte lesen Sie die Trainings- und Sicherheitsanweisungen im Benutzerhandbuch, bevor Sie trainieren.

Die Übungen, die hier gezeigt werden, können mit WEIDER®-Gewichtssystemen durchgeführt werden. Trotzdem kann es vorkommen, dass Sie ein Verletzungsrisiko unter falscher Übungsausführung bestehen. Für die besten Ergebnisse ist ein bestimmter physiologischer Ansatz und die korrekte Start- und Endposition für die einzelnen Übungen.

AVERTISSEMENT: Veuillez lire attentivement les instructions de mise en garde et d'exercices dans le manuel de l'utilisateur avant d'exercer.

Les exercices indiqués peuvent être réalisés avec le système de pesées WEIDER®. Cependant, seuls ceux-ci peuvent permettre d'exercer tous les exercices avec une sécurité. Pour de bons résultats, il est nécessaire d'appliquer une approche physiologique adéquate et la position de départ et d'arrivée correctes pour chaque exercice.

AVVERTENZA: Leggere le informazioni di sicurezza e le istruzioni di esercizio nel manuale di riferimento prima di allenarsi.

Gli esercizi indicati possono essere eseguiti con il sistema di pesate WEIDER®. Tuttavia, solo con questo sistema è possibile eseguire tutti gli esercizi con la massima sicurezza. Per migliori risultati, occorre adottare l'approccio fisiologico corretto e la posizione di inizio e fine corretta per ciascun esercizio.

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